

Older Adults Physical Activity Behavior Scale

This scale aims to assess your perspectives, feelings, and intentions toward physical activity. Please read each statement carefully and indicate your level of agreement based on your personal experience using the following 5-point rating system: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree. Each item is scored from 1 to 5 points. The total score is obtained by summing all 19 items. Interpretation guidelines: a total score below 55 indicates a low level, between 55 and 63 indicates a moderate level, and 63 or above indicates a high level.

No.	Dimensions and Items	Response Options (Select One)				
Behavioral Attitude						
Q1	I believe physical activity is important	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q2	Regular physical activity is essential for maintaining my overall health	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q5	I enjoy the immediate sense of well-being that physical activity gives me	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q6	The benefits of physical activity are evident in my everyday routines	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q7	Physical activity strengthens my body and makes me more physically resilient	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q8	Being physically active enriches my overall quality of life	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Subjective Norm						
Q14	I will consider the suggestions others have for my sports activities	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q15	My family members encourage me to be physically active	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q16	My close friends support and approve of me doing physical activity	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5

Perceived Behavioral Control						
Q19	It is entirely my own decision whether to participate in physical activity	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q20	For me, being physically active is easy	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q21	I am physically capable of doing physical activity	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q22	I have adequate free time for physical activity.	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q23	The necessary facilities for physical activity are available to me	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Behavioral Intention						
Q3	I intend to engage in regular physical activity in the upcoming weeks	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q18	I have a clear plan for how to be more physically active	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q24	I am willing to make an effort to engage in regular physical activity	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q25	I am confident that I will continue to engage in regular physical activity	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
Q26	I am ready to maintain regular physical activity	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5